

The Ideal Performance State Team Programme

*Harnessing energy
to meet the needs of
business today*



Why organisations need high performing energy

Meeting the challenges of working in a modern global business world means we are constantly making ever greater physical and emotional demands on our energy and that of our teams.

Understanding how these demands can best be managed – maintaining high energy allows organizations to combat the negative effects of low energy and unhealthy stress.

HSE statistics show that work-related stress accounts for over a third of all new incidences of ill health, each case of stress-related ill health leads to an average of 30.9 working days lost.

Recognising a company with high performing energy

A company high in energy has a buzz about it. The buzz means committed staff, satisfied customers and a successful and attractive business

- High employee commitment to work
- High staff performance and productivity
- Low staff turnover or intention to leave
- High staff recruitment and retention
- High level of customer satisfaction
- Positive organisational image and reputation
- Low rate of employee absenteeism

How your business will benefit from improved high energy - The Ideal Performance State

You will notice:

- A positive change of energy in the workplace
- Improved relationship between the individual and the workplace
- Improved, physical energy, mental clarity and emotional calm – “the winning state”
- Enhanced well being for both the individual and the business
- Improved health
- Reduced employee absence
- Increased productivity
- Increased creativity and innovation – as a result of greater intrinsic satisfaction

What you and your team will learn:

You will learn how to:

- Recognise negative energy in self and others.
- Understand how successfully managing energy will benefit both the individual and the company
- Implement work rest ratios in order to be a winner
- Help others manage negative pressure
- Identify the sources of negative energy in your life
- Maintain optimum performance under pressure
- Develop a personal practical action plan
- Overcome the effect of unhealthy stress

What makes this Energy Management Programme different?

- Focuses on the positive
- Holistic approach – body and mind
- Practical tools for managing self and others
- Immediate impact

How we deliver the programme:

There is flexibility in how we deliver the programme to suit the individual organization's brief.

We will cover:

- Understanding the 'automatic stress response' – the fight or flight into negative energy
- Understanding the differences between positive and negative energy - healthy and unhealthy stress
- Identifying individual symptoms of unhealthy energy – stress
- Identifying the sources of pressure in peoples' lives
- Developing strategies and behaviours to help overcome the causes and effects of unhealthy energy
- Drawing up strategies for managing pressures within realistic parameters
- Developing skills to help others manage pressure and channel their energy positively

What is Well-being?

Employee wellness or well-being is a term that is used to measure the physical, psychological and emotional condition of a company's workforce.

Levels of productivity, efficiency, motivation and loyalty are inextricably linked to levels of well-being.

Therefore the health and well-being of your workforce has a critical impact on your profitability and success.

The programme is run by:

Linda Moseley and Gilly Hollis, who are both highly trained coaches and trainers in the specialized field of high energy performance with a background in professional sport and the theatre,

They bring a wealth of experience and understanding of how to apply techniques to turn the effects of negative stress into creative energy to bring about The Ideal Performance State.

You can't perform a 100% if you don't feel a 100%

Contact Linda Moseley for an introductory discussion
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